

Building a Healthy Habit – Physical Activity

Regular physical activity is important for your health. It can make you feel energetic, help to beat stress, lower the risk of many diseases, and help you lose weight and get in shape.

My goal: _____

(example: Walk 30 minutes a day with a friend.)

Tips to Help Reach My Goal

- Take the stairs instead of the elevator or escalator.
- Stretch or lift hand weights while watching television. Use cans of food as hand weights.
- Play actively with my children. Join a game of tag, catch, or basketball.
- When catching the bus, walk to a further bus stop or get off one stop earlier.
- Sign up for an activity class like aerobics, martial arts, or dance at the local recreation center. Classes are fun and many are low cost.
- Find an exercise buddy. It's fun to walk or exercise with friends.

Getting Started

“I’m trying to get 10 minutes of physical activity every morning, afternoon and evening. Here’s one exercise that I recommend to friends. I do this when I’m cooking dinner.

Do a standing push-up while you wait for a pot to boil. Pick a kitchen counter that is away from the stove. Stand about an arm’s length away from the counter. Put your arms straight out and touch the counter. Push in and out against the counter to exercise your arms and shoulders.”

-Sheila

